

Assembling Instruction



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Horizontal Bar “Stuttgart” (Art. 025)



Please read these instructions thoroughly **before** attempting assembly.

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The following components are enclosed:

- 2 long uprights
- 2 base plates
- 2 adjusting tubes
- 1 rail
- 2 cables with pulley holder
- 2 cables with pulley holder, slide adjusters and chains
- 2 extra chains

Assembly of Base plate and tubings

Install the uprights into the base plates. Tighten bolts securely.

Assembly of the Apparatus:

You need 4 people for installation.

Stand the uprights on the floor and set the adjusting tubes to the desired height. Tighten the bolts and install the rail. It is helpful to have two people hold the uprights steady, until the cables are fastened to the floor sockets.

Placement of the cables:

On one side of the uprights are the cables with the slide adjusters, on the other side are the turn buckles with chains. The slide adjusters are pushed up to the pulley holders.

Activating the Slide Adjusters:

The slide adjusters can become accidentally locked together. The slide adjusters will loosen when pulled apart.

Adjustment of the Apparatus:

Tighten the cables with the turn buckles so that the desired tension of the apparatus is achieved when the slide adjusters are pushed as far up as possible.

Care Instructions:

From time to time all moving parts should be cleaned of magnesia chalk and lightly greased. Loose steel wires on the tension cables are a danger. Replace cables immediately. If the apparatus is not to be disassembled after use, release the tension by pulling down the slide adjusters.

Matting:

The International Gymnastic Federation recommends for competitions mats that are 20 cm thick. 4 SPIETH - Mats "Original Reuther" 200 x 300 x 20 cm are appropriate.



WARNING

Any activity involving motion or height creates the possibility of serious injury including permanent paralysis and even death from landing or falling on the neck or head or other parts of the body.

You assume a risk of serious injury in using this equipment. However, the risk can be reduced by strictly following these rules at all times.

1. Use this equipment only under the supervision of a trained and qualified instructor.
2. This equipment must be used only when protected by proper matting as recommended for each piece of equipment by the International Gymnastic Federation. If doubt concerning proper matting, do not use this equipment.
3. This equipment must be used with proper spotting equipment and qualified instructors suitable to the activity or skill. Always consult an instructor.
4. Know your own limitations and the limitations of this equipment. Follow progressive learning techniques and always consult an instructor.
5. Always inspect this equipment for proper stability before each use.
6. Always inspect this equipment for loose fittings, loose cables and lock before each use. Replace any worn, defective or missing parts.
7. Always inspect this equipment for improper or unsafe installation. If in doubt, do not use this equipment.

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